



WELCOME TO BRAZIL

We hope all visitors have a fantastic time in Brazil, however illness and injury can too easily ruin a great trip. Here are some tips to ensure your stay is a safe one!

This information is intended as an overview and should not replace recommendations from your physician. Travelers are encouraged to visit the CDC page on traveling to Brazil for additional information.



Medical care & insurance

Water & food safety

Vaccine & medication

Bugs and wildlife

United States Mission to Brazil

<http://brazil.usembassy.gov/worldcup2014.html>

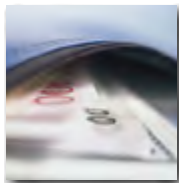
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Travel/Medical Evacuation Insurance:

- Speak with your insurance provider about what coverage you will have if illness or accident occurs abroad. Consider buying supplemental travel insurance if your current plan does not cover you overseas.
- Be aware that many Brazilian hospitals will not take U.S. insurance as payment. You may be expected to pay in cash or with a credit card.
- Seriously consider buying medical evacuation insurance that covers you in case of an accident or serious illness. This involves urgent medical transfer for people who cannot be moved safely via commercial carriers. Most standard insurance does not cover a medical evacuation, which can cost over \$50,000 to get back to the United States.



Medical Care

- For general emergencies, call 190; for ambulance assistance, call 192. There is no automatic tracking of calls, so stay on the line to provide your location.
- In a medical emergency, your first recourse is to contact Brazilian medical services. The Embassy and consulate websites list local hospitals.
- It's a good idea to carry a card that identifies (in Portuguese) your blood type, chronic conditions or serious allergies, and any medications you regularly take.



Water & Food Safety

Traveler's diarrhea (TD) is a common ailment that can make you miss matches, but is easy to prevent through safe food and water habits.



- Don't drink tap water or use ice made from tap water, unless it has been disinfected. It's best to buy sealed bottled water that is readily available in Brazil.
- Avoid undercooked or unwashed food.
- Hydration is important. Make sure you are drinking enough water and be aware that water may be harder to find or significantly pricier around stadiums on game days. Stock up in advance.
- If you do contract TD, the best treatment is rehydration from drinks boosted with electrolytes or oral rehydration solution which is available in most Brazilian pharmacies.

Vaccines and Medication:

- There are no required vaccines for U.S. citizens travelling to Brazil. But all travelers to Brazil, should have prior vaccinations for Hepatitis A, typhoid, and Hepatitis B. Routine immunizations including MMR (measles, mumps, rubella), Tdap (tetanus, diphtheria, and pertussis), and varicella should be up to date.
- The Yellow Fever vaccine is recommended for travelers to many rural areas of Brazil, including the Amazon region. The Brazilian Ministry of Health has an extensive list of which areas have a yellow fever vaccination recommendation.
- It's a good idea to visit your physician or a travel health clinic 4-8 weeks



before departure, as some vaccines must be given a few weeks before travel.

- If you are traveling with prescription medication, be sure to bring the prescription, and a 30-day supply.
- It's best to bring supplies to treat common illnesses and injuries. Over-the-counter medicine may have a different name in Brazil or be difficult to find. If there are medications you use regularly, or brands you prefer, make sure to bring an adequate supply for your trip.

Bugs and Wildlife:

Beyond yellow fever, insect-borne illnesses such as malaria and dengue are also present in Brazil. There is a low risk for malaria outside of the Amazon region and it can be prevented through medication. There is currently no vaccination for dengue but the best prevention for both malaria and dengue is to:



- Cover exposed skin when possible.
- Use insect repellent.
- Consider using permethrin-treated clothing and gear if traveling to higher-risk areas like the Amazon. This should not be used directly on skin.
- Use mosquito netting, if you are not sleeping in a screened in or air-conditioned room.
- Brazil has incredibly rich biodiversity but it's best to limit your interactions with wildlife to your camera. Don't feed or touch wild animals, and if scratched or bitten wash the wound immediately with soap and water and see a doctor as soon as possible.

